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NUTRITION COMMITTEE NEWS

For exchange of information on nutrition education and school lunch activities.

Vol. 1 No. 6 November 1951 Washington, D. C.

TECHNICAL TRAINING TO IMPROVE NUTRITION AROUND THE WORLD

Increasing numbers of students, teachers, and technical workers from other countries, attracted by advances in industry, science, and education, are coming to study, teach, work, and observe in the United States. Many of them are concerned with food and nutrition, either as a major interest or as part of a health, education, extension, or welfare program. Funds for travel and maintenance are sometimes supplied by the individuals themselves, but more usually by grants from foundations, associations, or other private sources, from United Nations agencies, or from the United States or other governments.

UNITED STATES GOVERNMENT STUDY AWARDS

Beginning in 1940, United States Government appropriations made possible the interchange with other American republics of students, teachers, professors, and leaders in fields of specialized knowledge and skill. In 1948 the program was extended to countries beyond the Americas. Passage of the Smith-Mundt Act authorized United States funds for travel and maintenance for qualified persons from other countries to study, teach, and do research work in the United States and to receive practical training in industry or in the Government. The Fulbright Act of 1946 provided that certain funds obtained from the sale of United States surplus property abroad be used by United States students for study in other countries and for transportation of foreign students to this country. Other funds have made it possible for additional students to come to this country—from the Philippines under the Philippine Rehabilitation Act, and from Finland under an arrangement whereby payments on Finland's World War I debt to the United States may be used for a program of educational exchange with that country.

Under the technical assistance programs, qualified leaders and workers come to this country for special training and observation and United States experts go abroad to help countries increase production, improve methods, and develop educational programs. Technical assistance under the Economic Cooperation Administration (ECA) enables qualified leaders from

Marshall-plan countries and Southeast Asia to exchange technical information and knowledge with their counterparts in this country. Under the Point IV program of the State Department's Technical Cooperation Administration (TCA) technical training for workers in underdeveloped countries is provided so that they can help improve conditions in their own countries. Trainees and visitors from occupied countries have come for technical training through programs of the Office of the United States High Commissioner for Germany (HICOG) and the Supreme Command of Allied Powers in the Pacific (SCAP).

SCREENING OF APPLICANTS

Applicants for United States Government grants are carefully screened as to intelligence, personality, and health, as well as education and experience, to make sure that those selected will be able to make good use of the training received. Most applications for scholarships and fellowships offered through private sources are cleared through the Institute of International Education.

SUPERVISION OF TRAINEES IN THE UNITED STATES

The State Department assigns to other government agencies the responsibility for planning and supervising the programs of most of the trainees and visitors on Government funds. For example, the Office of Education, Public Health Service (USPHS), and Children's Bureau in the Federal Security Agency, and the Office of Foreign Agricultural Relations (OFAR) in cooperation with other bureaus in the Department of Agriculture (USDA) sponsor persons interested in their respective fields. The program of study and itinerary are worked out partly before the trainee's arrival and partly after. As far as possible, trainees are sent to States with climates and conditions similar to those in their homelands. However, facilities for providing the kinds of training they need are given first consideration. When possible, arrangements are made for students as well as others to live in private homes, rural and urban, or in college dormitories so that they will get to know us and how we live.

TRAINING SUITED TO TRAINEES

Evaluation of programs and itineraries by sponsors and trainees has led to new and improved methods for later arrivals. Two developments that have resulted from the close cooperation between the Land-Grant Colleges and the USDA in trainee programs illustrate a new "group" approach.

A pioneering educational program sponsored by the New Mexico A. and M. College for 38 agricultural extension workers and 6 home demonstration agents from 14 Latin American countries has just come to a close. The New Mexico Institute is the First Point IV project in which a United States college has given resident training to a large non-English-speaking group in the principles and practices of agricultural extension.

While studying in New Mexico these Spanish-speaking trainees from Latin America were in a familiar setting. Spanish was the "official" language. During the first weeks of orientation they learned about the Cooperative Extension Service, the Farmers Home Administration, and other rural service agencies from instructors in a school which carries on a well developed program among Spanish-American families. They lived in a dormitory founded in memory of a Spanish-speaking faculty member prominent in the history of the college. Most of them observed and worked alongside Spanish-speaking county agents among Spanish-speaking farm people for most of their 10 weeks in this country. Cooperating in this project, which promises to be an annual event in New Mexico and a model project for other Land-Grant Colleges, were TCA, Institute of Inter-American Affairs, and USDA.

Another departure from the orthodox way is the Young Farmers Program (YFP) sponsored by the ECA in cooperation with the Ministries of Agriculture and farmers' organizations in the countries sending young farm men and women here and with the OFAR and Cooperative Extension Service of the USDA, the Land-Grant Colleges, and United States farmers' organizations. "Learning by doing" keynotes this program.

The first YFP women are here now. In the group are 12 women from France, the Netherlands, Norway, Sweden, and Austria. Each spent the summer and early fall as a family member in a farm home somewhere from Massachusetts to California. She was expected to work along with the family on the farm and in the farm home. In return for her work, the

farm family was expected to introduce the young farm woman to other people and to organizations in the community, and to teach her how to do unfamiliar tasks. It may have been how to plan the day's meals, can string beans in the pressure cooker, or use the tractor. The United States family also gave the trainee board and room.

At present the young women are attending a 4-week institute at the University of Tennessee along with five young German women (home economics teachers and extension workers sent over by HICOG). Emphasis is on evaluating the new home management practices that the young farm women have observed or the home equipment that they have operated, in terms of use in their home countries. Would they be practical in their own and neighbors' homes? If so, would adaptations have to be made to suit conditions at home? At the University of Tennessee they are now taking courses in food preservation, preparation, and research, nutrition, home demonstration methods, household equipment, and home management practices. Field trips and recreation to increase their feeling for rural life in the United States are planned for week ends.

USE MADE OF TRAINING

Members of nutrition committees have helped to make students and trainees from other countries welcome and have contributed to their professional experiences. These responsibilities will undoubtedly increase with the program and its emphasis on nutrition. It is therefore thought desirable to take a look at the uses some who have returned are making of the nutrition information they gained here. Selections were made from reports contributed by staff members of several agencies participating in the program.

Public Health Service

In 5 years more than 750 public health personnel from other countries have received training under the direction of the USPHS. Nutrition has been of special interest to 13 of these persons. Among those interested in nutrition was the Director of the National Institute of Nutrition in Tokyo who came for specialized work in nutrition research and administration.

The Philippine Government sent five public health workers to do graduate study in nutrition. Two who attended the Universities of California and Minnesota are now teaching nutrition in the Institute of Nutrition of the University of the Philippines. Another two, medical nutritionists who had worked with the now-completed Bataan Enriched Rice Project, received

New Chairmen of State Nutrition Committees

California. Miss Lavern Owens, Department of Mental Hygiene, Sacramento

Illinois. Miss Blanche E. Lenning, Illinois Public Aid Commission, Chicago

Indiana. Mrs. Clotilde P. Sanguinet, Indiana Tuberculosis Association, Indianapolis

Minnesota. Mrs. Margaret Dayton, American Red Cross, Minneapolis

Utah. Miss Elna Miller, Extension Service, Logan

advanced degrees from Columbia and Harvard Universities and are now administering a nutrition program for the Manila Bureau of Health.

Four doctors from Latin America pursued graduate work at Vanderbilt, Harvard, or Massachusetts Institute of Technology. Each is now serving his country. One is in charge of the Nutrition Division of the Health Department of Venezuela and his government has recently published his dissertation on "Nutrition of Population and Vitamin Determination." Another is heading up the Peru National Institute of Nutrition and is formulating an enlarged nutrition program for Lima. The one from Ecuador has an important teaching and laboratory position at the Central University at Quito. The Colombian nutritionist is engaged in community education at the Bogota Health Center.

In Greece a doctor is engaged in nutrition studies and administration in the Ministry of Health after a year of study and field work here.

Children's Bureau

Study-visitors in the field of maternal and child health and welfare seek help from the Children's Bureau on a variety of nutrition problems related to their responsibilities in their own country as administrators, professional educators, research workers, or influential citizens. For example, a young woman physician in charge of maternal and child health services in one of the newest Asiatic republics wished advice on introducing nutrition into the curriculum for training nurses, social workers, and health educators. Her specific questions dealt with the selection of the institution to which her government might send someone to be trained as an instructor in nutrition. What have American colleges and universities to offer in comparison with those in Europe already visited by the physician on her current tour? Since her country has no

nutritionists ready to receive advanced training, from what fields should young women be chosen for specialization in nutrition, nursing, teaching, laboratory work? Is field training or observation in the United States in connection with academic study of value, since conditions are so different from those in the student's home land? The nutritionists of the Children's Bureau did not have the answers to all these questions. As in many such cases, they helped the visitor think through the problems behind her questions, gave her study outlines for future reference, and made arrangements for her to observe programs in public health nutrition in cities along her line of travel.

Department of Agriculture

A home economist of the USDA recently returned from 6 months of observation and evaluation of United States programs in Europe where she had opportunities to see the work of several former trainees. She reports that—

.. A supervisor of home economics extension teachers, upon her return to Bavaria, was instrumental in setting up about 15 community centers. These centers provide such varied facilities as apple- and grape-presses, freezer-lockers, milk-cooling systems, electric bread mixers, ovens, and washing machines.

.. An Austrian home economist adapted for use in her country the U-shaped kitchen developed by the Bureau of Human Nutrition and Home Economics to make work easier for the homemaker. She also helped devise an improved type of sterilizer for apple juice and is planning to introduce modern food-preservation methods, now almost lacking in her country.

.. After studying home economics extension in the United States, a French agriculturist arranged meetings for rural Frenchwomen to help them improve some of their practices at home and on the farm. These were the first meetings of this kind ever held in France.

Many of the trainees in the fields of nutrition and home economics, who have just completed their work here, face large assignments at home. A dietitian about to return to Chile has taken a course in nutrition and institution management at Iowa State College to improve her job performance and has observed at the Frances Stern Food Clinic in Boston in order to prepare herself for a food clinic to be established in Santiago.

More than 150 women home economists from other countries have observed extension work during the present year. Five women from the Netherlands as a result of their study are expecting to improve the training of rural girls and women in home economics

and thereby promote better nutrition, preparation and conservation of food, and general household efficiency. Our methods of canning and freezing, our use of surveys as a basis for research, and of course, our time- and labor-saving kitchen equipment caught their interest. Their expression of appreciation for things done for them that they considered important—well-prepared schedules for study and travel, opportunities to visit many educational institutions and meet many outstanding specialists in fields similar to their own, hospitality received in many homes and at many meetings, and the help received from everyone—tell us where our emphases need to continue.

American Home Economics Association

For examples of how scholarships granted by a nongovernmental group have enabled their recipients to contribute to better living in their home countries, the AHEA gave us notes on the activities of a few of its former scholarship students.

One is at The Hague as head of dietitians on the staff of the Education Bureau of the Netherlands Nutrition Board. She writes, "The Nutrition Council has started two nutrition surveys, one on pregnant women, and the other on school children. Many things

that I learned at Michigan State College can be applied to the survey work."

A student from the Union of South Africa, who received her Ph.D. in food and nutrition from Oregon State College, is now head of the Department of Home Economics in the University of Stellenbosch.

A New Zealand scholarship student at the School of Nutrition of Cornell University in 1948—50 is now on a team of the New Zealand Medical Research Council as a nutritionist representing the South Pacific Health Service. In the South Pacific islands she is finding a great variety of problems to tackle—gingivitis, diets low in Vitamin C and protein, and milk supplies too inadequate even for weaned babies. Already she has made dietary surveys, cooperated in nutritional status studies, prepared a set of therapeutic diets, reorganized the newly electrified kitchen of a hospital, and instructed hospital nurses in dietetics.

These examples of the responsibilities being carried by nutritionists in other countries who have had experience in the United States can be multiplied many times. To paraphrase Dr. Henry G. Bennett, TCA Administrator, confidence and enthusiasm in what has already been achieved will give impetus to future international cooperation.

INTERAGENCY COMMITTEE ON NUTRITION EDUCATION AND SCHOOL LUNCH NEWS

The ICNESL has adopted a program of work for the current year which includes—

- .. Study of progress in nutrition education and evaluation of its techniques, including attention to the problem of misinformation about food and nutrition.
- .. Consultation service to Nutrition Committee News.
- .. Plans for improving agency contacts with persons from foreign countries. The Committee is preparing a directory describing nutrition activities of various government agencies for use of visitors from other countries.

At its monthly meetings the Committee will continue to have reports on agency programs, members' contacts with States, civil defense, and other current problems. Later it may consider problems associated with improving the nutrition of aging persons. The program is kept flexible to take account of pressing problems that may arise.

Miss Kathryn I. Sheehan was chosen chairman of the Committee, for the fiscal year and Miss Helen Stacey vice chairman.

ICNESL representatives and alternates are—

American National Red Cross

Pauline Murrah, Mrs. Martha S. Fry

Children's Bureau, FSA

Helen Stacey, Marjorie Heseltine

Office of Education, FSA

Dr. Berenice Mallory, James H. Pearson (Vocational Education); Elsa Schneider, Dr. Holger F. Kilander (Elementary-Secondary Branch)

Public Health Service, FSA

Marjorie Grant

Bureau of Human Nutrition and Home Economics, USDA

Dr. Esther Phipard, Mrs. Margaret Dreisbach

Extension Service, USDA

Florence Hall, Eunice Heywood, Dr. Evelyn Blanchard (subject matter)

Farmers Home Administration, USDA

Gertrude Drinker, Patsy Graves

Office of Experiment Stations, USDA

Dr. Georgian Adams, Christine Justin

Rural Electrification Administration, USDA

Oneta Liter, Louisan Mamer

Production and Marketing Administration, USDA

Kathryne I. Sheehan, Mrs. Bertha Olsen